



Subsidies are available for qualifying participants through the generous support of Calgary Learns

## At A Glance



The following parenting courses are open to everyone, but registration is essential.


To register on line go to [www.familiesmatter.ca](http://www.familiesmatter.ca) or call (403)205-5178




**Tuesday, March 20, 2018**



If you are experiencing difficulty registering online please call 403.205.5178

LOCATION	DATES/TIMES	COURSE NAME
<p><b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>Feb. 6/18, Mar. 6/18, Apr. 3, May 1/18, June 5/18</b></p> <ul style="list-style-type: none"> <li>• 5:30 pm – 8:00 pm</li> <li>• Cost: Free</li> </ul> <p>To register please go online to <a href="http://www.calgarysexualhealth.ca/events/gender-creative-families-night/">http://www.calgarysexualhealth.ca/events/gender-creative-families-night/</a></p>	<p><b><u>Gender Creative Families</u></b></p> <p>Calgary Sexual Health Centre, in partnership with Families Matter, would like to welcome, parents, families and caregivers of gender creative (Trans*, non-binary, gender independent, gender fluid, gender-queer, gender non-conforming) children, aged 4-14, to a monthly gathering.</p> <p>This will be an opportunity for you to have some adult time, to share stories and experiences, to create networks and get support in a non-judgmental and safe atmosphere so that you can learn how to best support the gender creative children in your lives. This family-friendly night will offer free childcare and activities for the kids.</p>
<p><b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>March 28 – May 16, 2018 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 6:00 pm – 8:00 pm</li> <li>• Cost: \$75.00, subsidy available</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>No childcare available.</b></p>	<p><b><u>Positive Discipline in Everyday Parenting</u></b></p> <p>Based on the work of Joan Durrant, this eight week session addresses the roots of positive discipline, beginning with the relationship between parent and child and moving on to ages and stages of development. Learning is based on the two pillars of a strong relationship, structure and warmth.</p>
<p><b>Heart of South Calgary Family Centre</b> Suite 3217, 150 Millrise Blvd SW</p>	<p><b>March 28 – May 9, 2018 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 6:00 pm – 8:30 pm</li> <li>• Cost: Free</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>No childcare available.</b></p>	<p><b><u>Be a Great Dad</u></b></p> <p>A program for Dads only, led by a male facilitator. The program focuses on building your confidence by offering you a chance to learn and try out effective strategies for communication, positive discipline, and role-modeling as well as fostering self-esteem. The program will help you put the limited time you do have to good use; creating positive experiences for you and your child. What better way to learn than from other dads who share their experiences of struggle and joy along the journey.</p>

<p><b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>April 04 – April 25, 2018 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 1:30 p.m. – 2:30 p.m.</li> <li>• Cost: \$40.00, subsidy available</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>Childcare available.</b> If you will be using childcare please register your child by calling 403.205.5178. Please note, space is limited</p>	<p><b><u>Anxiety &amp; Breathwork</u></b> Come in; take some time to get yourself settled. Enjoy an hour of simple, relaxing yoga postures and breathing techniques to deepen relaxation as well as alleviate stress. After, take some time for a cup of tea and a chance to chat. Childcare Available upon registration</p>
<p><b>Families Matter</b> Rosemont community Centre # 2807 10<sup>th</sup> St. N.W. Lower level</p> 	<p><b>April 5 – May 3, 2018 (Thursday)</b></p> <ul style="list-style-type: none"> <li>• 6:30 pm – 8:00 pm</li> <li>• Cost: FREE</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>No childcare available.</b></p>	<p><b><u>Grains of Sand</u></b> Take some time to stop in the middle of your busy family life to explore relationships with ourselves and others through stories, art, music, dance, journaling and mask making. No experience necessary.</p>
<p><b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>April 12, 2018 (Thursday)</b></p> <ul style="list-style-type: none"> <li>• 4:00 pm – 7 :00 pm</li> <li>• Cost: FREE</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>Childcare available.</b> If you will be using childcare please register your child by calling 403.205.5178. Please note, space is limited.</p>	<p><b><u>Craft Night</u></b> Join us for our first craft night on January 25th! Do you have a special project you're working on? Bring it to the Centre and enjoy the company of other crafters! Don't have a project? That's ok too! We will provide materials for knitting as well as scrapbooking. We will be providing limited childcare, so you will need to register online. Craft night will run from 4:00-7:00 pm on the 25th. Please note that this special crafting event is for parents and caregivers only.</p>
<p><b>Families Matter Parent Link Centre</b> Third Floor, 7930 Bowness Road NW</p> 	<p><b>April 16, 2018 (Monday)</b></p> <ul style="list-style-type: none"> <li>• 1:30 p.m. – 3:00 p.m.</li> <li>• Cost: FREE</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>Childcare available.</b> If you will be using childcare please register your child by calling 403.205.5178. Please note, space is limited.</p>	<p><b><u>Triple P – The Power of Positive Parenting</u></b> Triple P is a world-renowned parenting program which promotes positive, caring relationships between parents and their children and helps parents learn effective management strategies for dealing with a variety of childhood developmental and behavioural issues. Triple P suggests simple routines and small changes that can make a big difference for families. It helps parents understand the way their family works and uses what they already say, think, feel and do in new ways.</p>
<p><b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>April 17 – May 15, 2018 (Tuesday)</b></p> <ul style="list-style-type: none"> <li>• 9:30 am – 11:30 am</li> <li>• Cost: FREE</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>Childcare available.</b> If you will be using childcare please register your child by calling 403.205.5178. Please note, space is limited.</p>	<p><b><u>Busy Bodies</u></b> Young children are on the move! Busy bodies encourages early movement experiences through gross motor activities, music/art, sensory and free play! Through this program you and your toddler will connect with others and engage in physical development. During this program toddlers have the opportunity to build on their intellectual skills, communication skills and build their self-confidence.</p>

<p><b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>April 17, 2018 (Tuesday)</b></p> <ul style="list-style-type: none"> <li>6:30 pm – 8:30 pm</li> <li>Cost: FREE</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>No childcare available.</b></p>	<p><b><u>Mom &amp; the Law</u></b></p> <p>Are you a mom who is in the process of separating or divorcing? Do you have questions that you would like to ask a lawyer? Join us for this dads only, information session.</p>
<p><b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>April 18 – May 16, 2018 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>9:30 a.m. – 11:30 a.m.</li> <li>Cost: \$75.00, subsidy available</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>Childcare available.</b> If you will be using childcare please register your child by calling 403.205.5178. Please note, space is limited.</p>	<p><b><u>Terrific Toddlers</u></b></p> <p>Explores the normal developmental changes and challenges in children 0-4. Topics such as normal developmental changes and challenges, understanding parenting styles and their effect on behaviour, learning through play, positive discipline, avoiding power struggles, effective communication and self esteem. Certificate upon completion</p> <p>Committee hours</p>
<p><b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>April 19 – May 24, 2018 (Thursday)</b></p> <ul style="list-style-type: none"> <li>6:30 pm – 8:3</li> <li>0 pm</li> <li>Cost: \$100.00, subsidy available</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>No childcare available.</b></p>	<p><b><u>How to Talk so Kids will Listen &amp; Listen so Kids will Talk</u></b></p> <p>This six week session builds strengths and knowledge of positive discipline, effective communication, active listening, feeling, self-esteem, encouraging cooperation and autonomy. Certificate awarded upon completion.</p> <p>Couples pricing: second registrant received 50% off.</p>
<p><b>Families Matter Parent Link Centre</b> Third Floor, 7930 Bowness Road NW</p> 	<p><b>April 23, 2018 (Monday)</b></p> <ul style="list-style-type: none"> <li>1:30 p.m. – 3:00 p.m.</li> <li>Cost: FREE</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>Childcare available.</b> If you will be using childcare please register your child by calling 403.205.5178. Please note, space is limited.</p>	<p><b><u>Triple P – Raising Confident, Competent Children</u></b></p> <p>Triple P is a world-renowned parenting program which promotes positive, caring relationships between parents and their children and helps parents learn effective management strategies for dealing with a variety of childhood developmental and behavioural issues. Triple P suggests simple routines and small changes that can make a big difference for families. It helps parents understand the way their family works and uses what they already say, think, feel and do in new ways.</p>
<p><b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>April 24, 2018 (Tuesday)</b></p> <ul style="list-style-type: none"> <li>6:30 pm – 8:30 pm</li> <li>Cost: FREE</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>No childcare available.</b></p>	<p><b><u>Dad &amp; the Law</u></b></p> <p>Are you a dad who is in the process of separating or divorcing? Do you have questions that you would like to ask a lawyer? Join us for this dads only, information session.</p>
<p><b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>April 28, 2018 (Saturday)</b></p> <ul style="list-style-type: none"> <li>9:30 a.m. – 11:30 a.m.</li> <li>Cost: FREE</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>	<p><b><u>Stretch &amp; Play</u></b></p> <p>Join us for Yoga Play! This class is suitable for children aged 3-5 and their caregiver. This class is designed to bring caregivers and their child together to explore the benefits of health and wellness while learning basic yoga postures through stories, games and play! The last 5-10 minutes of this class we will focus on breathing and relaxation</p>

	<p><b>Childcare available.</b> If you will be using childcare please register your child by calling 403.205.5178. Please note, space is limited.</p>	<p>techniques that children can use anywhere when they are dealing with big emotions! The first hour will be yoga play and the second hour we will share a healthy snack and participate in free play.</p>
<p><b>Families Matter Parent Link Centre</b> Third Floor, 7930 Bowness Road NW</p> 	<p><b>April 30, 2018 (Monday)</b></p> <ul style="list-style-type: none"> <li>• 1:30 p.m. – 3:00 p.m.</li> <li>• Cost: FREE</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>Childcare available.</b> If you will be using childcare please register your child by calling 403.205.5178. Please note, space is limited.</p>	<p><b><u>Triple P – Raising Resilient Children</u></b></p> <p>Triple P is a world-renowned parenting program which promotes positive, caring relationships between parents and their children and helps parents learn effective management strategies for dealing with a variety of childhood developmental and behavioural issues. Triple P suggests simple routines and small changes that can make a big difference for families. It helps parents understand the way their family works and uses what they already say, think, feel and do in new ways.</p>
<p><b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>May 02 – May 23, 2018 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 1:30 p.m. – 2:30 p.m.</li> <li>• Cost: \$40.00, subsidy available</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>Childcare available.</b> If you will be using childcare please register your child by calling 403.205.5178. Please note, space is limited.</p>	<p><b><u>Anxiety &amp; Breathwork</u></b></p> <p>Come in; take some time to get yourself settled. Enjoy an hour of simple, relaxing yoga postures and breathing techniques to deepen relaxation as well as alleviate stress. After, take some time for a cup of tea and a chance to chat. Childcare Available upon registration</p>
<p><b>Families Matter Parent Link Centre</b> Third Floor, 7930 Bowness Road NW</p> 	<p><b>May 2 – June 6, 2018 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 6:00 pm – 8:30 pm</li> <li>• Cost: FREE</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>No childcare available.</b></p>	<p><b><u>Be a Great Dad</u></b></p> <p>A program for Dads only, led by a male facilitator. The program focuses on building your confidence by offering you a chance to learn and try out effective strategies for communication, positive discipline, and role-modeling as well as fostering self-esteem. The program will help you put the limited time you do have to good use; creating positive experiences for you and your child. What better way to learn than from other dads who share their experiences of struggle and joy along the journey.</p>
<p><b>Families Matter</b> Rosemont community Centre # 2807 10<sup>th</sup> St. N.W. Lower level</p> 	<p><b>May 8 – June 26, 2018 (Tuesday)</b></p> <ul style="list-style-type: none"> <li>• 1:00 p.m. – 3:00 p.m.</li> <li>• Cost: FREE</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>Childcare available.</b> If you will be using childcare please register your child by calling 403.205.5178. Please note, space is limited.</p>	<p><b><u>Triple P Group – Level 4</u></b></p> <p>Triple P is a world-renowned parenting program which promotes positive, caring relationships between parents and their children and helps parents learn effective management strategies for dealing with a variety of childhood developmental and behavioural issues. Triple P suggests simple routines and small changes that can make a big difference for families. It helps parents understand the way their family works and uses what they already say, think, feel and do in new ways.</p> <p>The program consists of four group sessions, followed by three support calls and then one final group class. The classes are designed to help parents understand parenting skills through observation, discussion, practice and feedback. Your personal phone call between you and the facilitator will give you a chance to review your experiences and receive personal feedback to your questions.</p>

<p><b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>June 06 – June 27, 2018 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 1:30 p.m. – 2:30 p.m.</li> <li>• Cost: \$40.00, subsidy available</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>Childcare available.</b> If you will be using childcare please register your child by calling 403.205.5178. Please note, space is limited.</p>	<p><b><u>Anxiety &amp; Breathwork</u></b> Come in; take some time to get yourself settled. Enjoy an hour of simple, relaxing yoga postures and breathing techniques to deepen relaxation as well as alleviate stress. After, take some time for a cup of tea and a chance to chat. Childcare Available upon registration</p>
<p><b>Families Matter</b> Rosemont community Centre # 2807 10<sup>th</sup> St. N.W. Lower level</p> 	<p><b>June 13 – June 20, 2018 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 6:00 pm – 8:00 pm</li> <li>• Cost: FREE</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>No childcare available.</b></p>	<p><b><u>Postpartum Info and Support for Dads</u></b> PPD affects the entire family. We invite the Dad's to join us in order to better understand postpartum difficulties and depression.</p> <ul style="list-style-type: none"> <li>• Dads will learn strategies that can help Mom feel better.</li> <li>• We discuss the potential effects on your child.</li> <li>• Getting better – getting through it stronger than before.</li> </ul> <p>This program is limited to 10 Dads and is facilitated by Jory &amp; Amanda McMillian, who have experienced PPD and will share how to effectively move through this.</p>
<p><b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>July 4 – July 25, 2018 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 1:30 p.m. – 2:30 p.m.</li> <li>• Cost: \$40.00, subsidy available</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>Childcare available.</b> If you will be using childcare please register your child by calling 403.205.5178. Please note, space is limited.</p>	<p><b><u>Anxiety &amp; Breathwork</u></b> Come in; take some time to get yourself settled. Enjoy an hour of simple, relaxing yoga postures and breathing techniques to deepen relaxation as well as alleviate stress. After, take some time for a cup of tea and a chance to chat. Childcare Available upon registration</p>
<p><b>Families Matter Parent Link Centre</b> Third Floor, 7930 Bowness Road NW</p> 	<p><b>July 11 – August 29, 2018 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 1:30 p.m. – 3:30 p.m.</li> <li>• Cost: FREE</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>Childcare available.</b> If you will be using childcare please register your child by calling 403.205.5178. Please note, space is limited.</p>	<p><b><u>Triple P Discussion Groups</u></b> Triple P is a world-renowned parenting program which promotes positive, caring relationships between parents and their children and helps parents learn effective management strategies for dealing with a variety of childhood developmental and behavioural issues. Triple P suggests simple routines and small changes that can make a big difference for families. It helps parents understand the way their family works and uses what they already say, think, feel and do in new ways.</p> <ul style="list-style-type: none"> <li>• Developing Good Bedtime Routines</li> <li>• Dealing with Disobedience</li> <li>• Hassle-free Shopping with Children</li> <li>• Managing Fights and Aggression</li> </ul>
<p><b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>August 8 – August 29, 2018 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 1:30 p.m. – 2:30 p.m.</li> <li>• Cost: \$40.00, subsidy available</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>	<p><b><u>Anxiety &amp; Breathwork</u></b> Come in; take some time to get yourself settled. Enjoy an hour of simple, relaxing yoga postures and breathing techniques to deepen relaxation as well as alleviate stress. After, take some time for a cup of tea and a chance to chat. Childcare Available upon registration</p>

	<p><b>Childcare available.</b> If you will be using childcare please register your child by calling 403.205.5178. Please note, space is limited.</p>	
<p><b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>September 05 – September 26, 2018 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 1:30 p.m. – 2:30 p.m.</li> <li>• Cost: \$40.00, subsidy available</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>Childcare available.</b> If you will be using childcare please register your child by calling 403.205.5178. Please note, space is limited.</p>	<p><b><u>Anxiety &amp; Breathwork</u></b> Come in; take some time to get yourself settled. Enjoy an hour of simple, relaxing yoga postures and breathing techniques to deepen relaxation as well as alleviate stress. After, take some time for a cup of tea and a chance to chat. Childcare Available upon registration</p>
<p><b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>October 10 – October 31, 2018 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 1:30 p.m. – 2:30 p.m.</li> <li>• Cost: \$40.00, subsidy available</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>Childcare available.</b> If you will be using childcare please register your child by calling 403.205.5178. Please note, space is limited.</p>	<p><b><u>Anxiety &amp; Breathwork</u></b> Come in; take some time to get yourself settled. Enjoy an hour of simple, relaxing yoga postures and breathing techniques to deepen relaxation as well as alleviate stress. After, take some time for a cup of tea and a chance to chat. Childcare Available upon registration</p>
<p><b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>November 07 – November 28, 2018 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 1:30 p.m. – 2:30 p.m.</li> <li>• Cost: \$40.00, subsidy available</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>Childcare available.</b> If you will be using childcare please register your child by calling 403.205.5178. Please note, space is limited.</p>	<p><b><u>Anxiety &amp; Breathwork</u></b> Come in; take some time to get yourself settled. Enjoy an hour of simple, relaxing yoga postures and breathing techniques to deepen relaxation as well as alleviate stress. After, take some time for a cup of tea and a chance to chat. Childcare Available upon registration</p>
<p><b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>December 05 – December 19, 2018 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 1:30 p.m. – 2:30 p.m.</li> <li>• Cost: \$30.00, subsidy available</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>Childcare available.</b> If you will be using childcare please register your child by calling 403.205.5178. Please note, space is limited.</p>	<p><b><u>Anxiety &amp; Breathwork</u></b> Come in; take some time to get yourself settled. Enjoy an hour of simple, relaxing yoga postures and breathing techniques to deepen relaxation as well as alleviate stress. After, take some time for a cup of tea and a chance to chat. Childcare Available upon registration</p>

**Subsidies are available.**

**For more details or your questions, please contact us at (403)205-5178**

**or check our website at [www.familiesmatter.ca](http://www.familiesmatter.ca)**


Administrative Office: #158, 1440 52nd St. N.E. Calgary, Alberta T2A 4T8

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## Families Matter Perinatal Mental Health


*\*Please do not register for these courses before speaking with one of our postpartum specialists. Call 403 205 5178*

LOCATION	DATES/TIMES	COURSE NAME
<p><b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>February 8 – March 29, 2018 (Thursday)</b></p> <ul style="list-style-type: none"> <li>6:00 pm – 8:00pm</li> </ul> <p>To register please call Cheryl at 403-205-5183</p> <p><b>No childcare available</b></p>	<p><b><u>Perinatal Mood Illness Support Group</u></b></p> <p>Are you pregnant and experiencing difficult emotions such as anger, anxiety, stress or depression? We are here to help. Group will meet once a week with a trained professional who will lead the discussion. You will get support and your questions will be answered. Light snacks will be served and participants can also receive Vitamin D drops, prenatal vitamins and referrals to other sources.</p>
<p><b>Families Matter</b> Trans Canada Centre #158 - 1440 52nd St. NE</p>	<p><b>February 28 – April 18, 2018 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>9:30 am – 11:30 am</li> <li>Cost: \$100.00, subsidy available</li> </ul> <p>To register please call Shara at 403-205-5194</p> <p><b>Childcare is available</b></p>	<p><b><u>Postpartum Support Group - Women helping women</u></b></p> <ul style="list-style-type: none"> <li>Group meets once a week with a trained professional who leads the discussion.</li> <li>You will get support and your questions will be answered.</li> <li>You will feel less confused about what's happening. Group support helps everyone heal together</li> </ul>
<p><b>Families Matter Parent Link Centre</b> Third Floor, 7930 Bowness Road NW</p> 	<p><b>March 1 – April 19, 2018 (Thursday)</b></p> <ul style="list-style-type: none"> <li>9:30 am – 11:30 am</li> <li>Cost: No fee – PLC offering</li> </ul> <p>To register please call Shara at 403-205-5194</p> <p><b>Childcare is available</b></p>	<p><b><u>Postpartum Support Group - Women helping women</u></b></p> <ul style="list-style-type: none"> <li>Group meets once a week with a trained professional who leads the discussion.</li> <li>You will get support and your questions will be answered.</li> <li>You will feel less confused about what's happening. Group support helps everyone heal together</li> </ul>
<p><b>Families Matter</b> Trans Canada Centre #158 - 1440 52nd St. NE</p>	<p><b>April 25 – June 13, 2018 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>9:30 am – 11:30 am</li> <li>Cost: \$100.00, subsidy available</li> </ul> <p>To register please call Shara at 403-205-5194</p> <p><b>Childcare is available</b></p>	<p><b><u>Postpartum Support Group - Women helping women</u></b></p> <ul style="list-style-type: none"> <li>Group meets once a week with a trained professional who leads the discussion.</li> <li>You will get support and your questions will be answered.</li> <li>You will feel less confused about what's happening. Group support helps everyone heal together</li> </ul>



<p><b>Families Matter Parent Link Centre</b> Third Floor,7930 Bowness Road NW</p> 	<p><b>April 26 – June 14, 2018 (Thursday)</b></p> <ul style="list-style-type: none"> <li>• 9:30 am – 11:30 am</li> <li>• Cost: No fee – PLC offering</li> </ul> <p>To register please call Shara at 403-205-5194</p> <p><b>Childcare is available</b></p>	<p><b><u>Postpartum Support Group - Women helping women</u></b></p> <ul style="list-style-type: none"> <li>• Group meets once a week with a trained professional who leads the discussion.</li> <li>• You will get support and your questions will be answered.</li> <li>• You will feel less confused about what’s happening. Group support helps everyone heal together</li> </ul>
<p><b>Families Matter</b> Trans Canada Centre #158 - 1440 52nd St. NE</p>	<p><b>May 3 – June 21, 2018 (Thurs)</b></p> <ul style="list-style-type: none"> <li>• 6:00 pm – 8:00pm</li> </ul> <p>To register please call Cheryl at 403-205-5183</p> <p><b>No childcare available</b></p>	<p><b><u>Perinatal Mood Illness Support Group</u></b></p> <p>Are you pregnant and experiencing difficult emotions such as anger, anxiety, stress or depression? We are here to help. Group will meet once a week with a trained professional who will lead the discussion. You will get support and your questions will be answered. Light snacks will be served and participants can also receive Vitamin D drops, prenatal vitamins and referrals to other sources.</p>
<p><b>Families Matter</b> Trans Canada Centre #158 - 1440 52nd St. NE</p>	<p><b>June 20 – August 8, 2018 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 9:30 am – 11:30 am</li> <li>• Cost: \$100.00, subsidy available</li> </ul> <p>To register please call Shara at 403-205-5194</p> <p><b>Childcare is available</b></p>	<p><b><u>Postpartum Support Group - Women helping women</u></b></p> <ul style="list-style-type: none"> <li>• Group meets once a week with a trained professional who leads the discussion.</li> <li>• You will get support and your questions will be answered.</li> <li>• You will feel less confused about what’s happening. Group support helps everyone heal together</li> </ul>
<p><b>Families Matter Parent Link Centre</b> Third Floor,7930 Bowness Road NW</p> 	<p><b>June 21 – August 9, 2018 (Thursday)</b></p> <ul style="list-style-type: none"> <li>• 9:30 am – 11:30 am</li> <li>• Cost: No fee – PLC offering</li> </ul> <p>To register please call Shara at 403-205-5194</p> <p><b>Childcare is available</b></p>	<p><b><u>Postpartum Support Group - Women helping women</u></b></p> <ul style="list-style-type: none"> <li>• Group meets once a week with a trained professional who leads the discussion.</li> <li>• You will get support and your questions will be answered.</li> <li>• You will feel less confused about what’s happening. Group support helps everyone heal together</li> </ul>
<p><b>Families Matter</b> Trans Canada Centre #158 - 1440 52nd St. NE</p>	<p><b>August 15 – October 3, 2018 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 9:30 am – 11:30 am</li> <li>• Cost: \$100.00, subsidy available</li> </ul> <p>To register please call Shara at 403-205-5194</p> <p><b>Childcare is available</b></p>	<p><b><u>Postpartum Support Group - Women helping women</u></b></p> <ul style="list-style-type: none"> <li>• Group meets once a week with a trained professional who leads the discussion.</li> <li>• You will get support and your questions will be answered.</li> <li>• You will feel less confused about what’s happening. Group support helps everyone heal together</li> </ul>
<p><b>Families Matter Parent Link Centre</b> Third Floor,7930 Bowness Road NW</p> 	<p><b>August 16 – October 4, 2018 (Thursday)</b></p> <ul style="list-style-type: none"> <li>• 9:30 am – 11:30 am</li> <li>• Cost: No fee – PLC offering</li> </ul> <p>To register please call Shara at 403-205-5194</p> <p><b>Childcare is available</b></p>	<p><b><u>Postpartum Support Group - Women helping women</u></b></p> <ul style="list-style-type: none"> <li>• Group meets once a week with a trained professional who leads the discussion.</li> <li>• You will get support and your questions will be answered.</li> <li>• You will feel less confused about what’s happening. Group support helps everyone heal together</li> </ul>



<p><b>Families Matter</b> Trans Canada Centre #158 - 1440 52nd St. NE</p>	<p><b>September 6 – October 25, 2018 (Thurs)</b></p> <ul style="list-style-type: none"> <li>6:00 pm – 8:00pm</li> </ul> <p>To register please call Cheryl at 403-205-5183</p> <p><b>No childcare available</b></p>	<p><b><u>Perinatal Mood Illness Support Group</u></b></p> <p>Are you pregnant and experiencing difficult emotions such as anger, anxiety, stress or depression? We are here to help. Group will meet once a week with a trained professional who will lead the discussion. You will get support and your questions will be answered. Light snacks will be served and participants can also receive Vitamin D drops, prenatal vitamins and referrals to other sources.</p>
<p><b>Families Matter</b> Trans Canada Centre #158 - 1440 52nd St. NE</p>	<p><b>October 10 – Nov 28, 2018 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>9:30 am – 11:30 am</li> <li>Cost: \$100.00, subsidy available</li> </ul> <p>To register please call Shara at 403-205-5194</p> <p><b>Childcare is available</b></p>	<p><b><u>Postpartum Support Group - Women helping women</u></b></p> <ul style="list-style-type: none"> <li>Group meets once a week with a trained professional who leads the discussion.</li> <li>You will get support and your questions will be answered.</li> <li>You will feel less confused about what's happening. Group support helps everyone heal together</li> </ul>
<p><b>Families Matter Parent Link Centre</b> Third Floor, 7930 Bowness Road NW</p> 	<p><b>October 11 – November 29, 2018 (Thursday)</b></p> <ul style="list-style-type: none"> <li>9:30 am – 11:30 am</li> <li>Cost: No fee – PLC offering</li> </ul> <p>To register please call Shara at 403-205-5194</p> <p><b>Childcare is available</b></p>	<p><b><u>Postpartum Support Group - Women helping women</u></b></p> <ul style="list-style-type: none"> <li>Group meets once a week with a trained professional who leads the discussion.</li> <li>You will get support and your questions will be answered.</li> <li>You will feel less confused about what's happening. Group support helps everyone heal together</li> </ul>

**For more details or your questions, please contact us at (403)205-5178**

**or check our website at [www.familiesmatter.ca](http://www.familiesmatter.ca)**

Administrative Office: #158, 1440 52nd St. N.E. Calgary, Alberta T2A 4T8

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